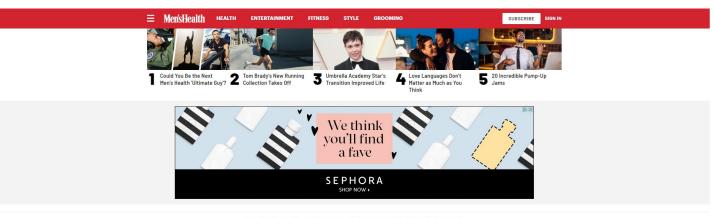
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Who Is Darin Olien on Netflix's 'Down to Earth' with Zac Efron?
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Darin Olien is More Than Zac Efron's Travel Partner in Netflix's *Down to Earth*

Among his many accolades? He discovered a super nut.





If you're one who's nostalgic for traveling the world while stuck at home, then chances are you've discovered *Down to Earth*, the newest docuseries to drop on Netflix. With Zac Efron as the host (someone you probably never thought of as a travel expert), he goes all over the globe to search for healthier and cleaner ways to live—while also taking the time to explore different cultures throughout his various adventures.

As Efron says in the show's trailer, he's "searching for healthy, sustainable living solutions for the planet and all who live on it."

Efron doesn't travel alone, though—he takes Darin Olien with him for the ride, an author and podcast host who is well-versed in the world of sustainability. But there is a lot more to him than being the actor's right-hand man. Get to know a little more about Olien and exactly what makes him the right person to join Efron on his ride.



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He is a wellness expert.



Olien has become widely recognized for being a "superfoods hunter," traveling globally to find foods and plants that will benefit your health without resorting to various medicines. According to his official website, he also worked with the fitness company Beachbody to create some of their most popular food programs, including their "Shakeology" and "Ultimate Reset 21-Day" detoxes.

He discovered a new super food in Brazil.

While going through remote areas in South America, Olien and his fellow travelers stumbled upon the Barukas, a nut popular to indigenous tribes, but unheard of throughout the rest of the world. He considers it to be one of the healthiest nuts you can find on the planet, as it contains specific micronutrients and vegan rectains.

He published a book about his life's work.



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In 2017, Olien published SuperLife: The 5 Simple Fixes That Will Make You Healthy, Fit and Eternally Awesome (a book that Efron likes to name drop at the beginning of every episode). The book uses what Olien calls "life forces" (quality nutrition, hydration, detoxification, oxygenation and alkalization) to create a lifestyle that could determine whether a person is healthy and able to fight a sickness. The book also contains recipes, a user's guide for his lifestyle and how to effectively take certain supplements.

As you watch the series, be on the lookout for some of his theories and how many times Efron talks about the book (hint: it's a lot).

He is a vegan.

Olien chose to cut animal products from his diet as part of an experiment to see if he needed animal protein to maintain a higher level of fitness. It's also something Efron keeps in mind throughout the series, as the duo often go to restaurants in the respective location they're in to taste some local cuisine... and based on some of the dishes we see them order, Olien might be onto something with his vegan diet.



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